

# Indiana and Michigan News

## OVERSEAS SOLDIER PINE LAKE VICTIM

Physicians Attribute Drowning to Weak Heart Due to Being Gassed.

Special to The News-Times: LAPONTE, Ind., July 3.—William B. Douglas, 25 years old, a graduate of Chicago university, was engaged in government work at Beardstown, Ill., was drowned in Pine Lake near this city, Sunday morning. His body was recovered in seven feet of water within three minutes after he sank and physicians working two hours in a futile effort to resuscitate him. Douglas was an overseas soldier having fought in seven major battles in two of which he was gassed. Physicians attributed the drowning to a weak heart resulting from the gassing. The body will be taken to Cameron Junction, Mo., his home, for burial.

## Start Drive to Restore Stream to Old River-Bed

Special to The News-Times: LAPONTE, Ind., July 3.—Farmers living near the Kankakee river in Porter county have started a movement for the restoration of the historic stream to its old riverbed. A number of years ago the river in its winding through Porter county was diverted into the Marquette ditch. The farmers now say that the land reclaimed is worthless for the growing of crops. Appeal has been made to Sen. New who says a government investigation will be made. The movement also contemplates the establishment of a park in some historic spot. Chicago, Pittsburgh and Indiana fish and game clubs are said to be behind the movement to again make the Kankakee a famous spot for hunting and fishing.

## Laport Man Killed in Hammond Auto Accident

Special to The News-Times: LAPONTE, Ind., July 3.—A telegram received here from Hammond, Ind., late Sunday afternoon, reported the death of John H. Rehboitz of this city, who was struck by an auto and instantly killed. No particulars are known of the accident.

## THREE OAKS

Mrs. Emma Stoklosa returned Friday night from Ann Arbor where she spent a week attending the commencement exercises of the state university, from which her daughter, Mabel, was graduated.

John Gibson of Midland, Mich., is spending a few days with old friends in Three Oaks.

## BUCHANAN

Miss Margaret Conrad of Stevensburg, Mich., has returned to Coldwater, Mich., after a three day visit with her cousin, Miss Ruth Berry.

E. B. Clark attended the Dempsey-Carpenter fight at Jersey City Saturday.

home in New York city after a brief visit at the M. L. Hanlin home on Clark st.

George Boone returned to Buchanan from Ann Arbor Thursday, having graduated from the Dental college of the university on Wednesday.

Miss Doris Peck is visiting at the home of her sister, Mrs. R. J. Wells, in Chicago, this week.

Wilbur Dempsey visited friends in Benton Harbor, Friday.

Mr. and Mrs. Ed. C. Mogford are in Flint, Mich., where they attended the funeral of the mother of Mrs. Mogford, Mrs. William Gibeay, Saturday afternoon.

Mrs. Gibeay died at her home in Flint after a three weeks illness. She is survived by her husband and two children, Mrs. E. C. Mogford of Buchanan and Lyman, of Flint, Mich.

Harvey Sherwood returned home from the University of Michigan Friday afternoon, having graduated from that institution on Thursday.

Mr. Sherwood plans to teach in the installation of officers was the main feature of the meeting of the Rebekahs in their lodge rooms Friday evening.

Miss Doris Hathaway is attending the state Epworth League convention at Albion, Mich., as a delegate from the Buchanan chapter.

Mr. and Mrs. George Habicht and Mr. Habicht's mother of Chicago are visiting Mr. and Mrs. Frank Habicht.

Fred Schwartz, who was operated upon at the Epworth hospital in South Bend Thursday morning for the removal of a tumor, is getting along very nicely.

B. B. Steele, formerly telegraph operator at Bakertown, has been transferred to the Buchanan station and will be in charge of this work at the Buchanan Central station.



LUCREZIA BORI

THE rush of modern life and the incessant demands made upon one's time and nervous energy have banished all thought of rest from the minds of many women. But if you would retain your beauty you must take sufficient rest at night or during the day. It is as essential an exercise as bathing, yet some women scorn even the day time period of repose as a waste of time.

But rest is too valuable to be dismissed in this cursory manner. You may consider that if you go to bed at night and sleep a few hours' troubled sleep you are doing well. This is just another mistake. You should make a point of securing as much of your sleep before midnight as you can, and you should sleep at least eight hours.

Perhaps you do not sleep well, and are in the habit of sitting up late, determined to get thoroughly weary before you seek repose. This is a mistake. If you find it difficult to sleep, try some of the methods which have been proved helpful to others.

One of the most soothing ways is to sip a cupful of hot milk, chocolate or beef extract after you are snugly settled in bed. Use one kind of drink one night and another the next. If your feet are cold and some women complain of this trouble even in summer weather, put a hot water bottle against them. A handkerchief moistened with a refreshing cologne water and laid on the temples is also conducive to slumber.

But these remedies are demanded only if sleep falls you night after night. Nothing makes one less beautiful than lack of sleep. Therefore, whether you sleep well or ill at night you should try to snatch a few minutes' rest during the day.

Women who work in offices or factories are sometimes handicapped in this matter, but at most places there are rest rooms where a few minutes may be devoted to relaxation. Therefore, if you wish to snatch a brief rest, instead of hastening out for lunch or going to the dining hall when you quit work, you should seek the luxury of the couch.

Sleep, if possible, for eight or ten minutes. Then allow yourself another five minutes to return to full consciousness. After this, arise and have your lunch. You will feel like a different person, and will resume your work with greater vim in the afternoon. At the same time you will look refreshed, your eyes will be bright, and a beautiful glow of color will appear on your cheeks.

Of course, if you are at home during the day, you will have a better opportunity to enjoy a daily rest. Be sure and take it. Do not complain that it is quite out of the question for you to lie down, that there is so much to do you must at least be sewing or mending when you have a minute to sit down.

## Try News-Times Want Ads

## THE HOME KITCHEN

By JEANNETTE YOUNG NORTON  
The Authority on Home Cooking  
Good Dishes for Cherry-Time.

In most cities cherry time is short, and the fruit is expensive. But the country gardens which boast one or more trees are to be envied by the city cherry lover.

Cheerful, red or black, fine of flavor and tender of flesh, are the traditional cherries of New England. Of course, there are other and newer varieties scattered over the country, though none could possibly be finer.

**Cherry Pie.**  
Wash, then stone enough large ripe cherries to fill a pie plate heaping full. Put the fruit into a bowl and add two cupsful of sugar. Stir the fruit often. Make a good pie crust. When ready to fill the pie, strain off the fruit juice. Fill the pie, add a teaspoonful of cornstarch to half a cupful of sugar and sprinkle over the top. Add a few lumps of butter, put on the top crust, seal the edges well, and put a little paper cone in one of the vents to carry off the steam and keep the pie juicy from running out. While the pie is baking take the juice drained from the fruit, add enough water to make two cupsful, add a cupful of sugar, and boil until slightly syrupy. Serve hot—in a separate dish—with the pie.

**Cherry Roly-Poly.**  
Make a roly-poly crust of two cupsful of pastry flour sifted with half a teaspoonful of salt and a teaspoonful of baking powder. Work in two table-spoonfuls of butter or other fat, and add enough milk to make a dough soft enough to roll. Roll out to half an inch thickness and then spread lightly with butter. Have ready two cupsful of stoned cherries, to which add half a cupful of sugar, and fill the dough. Roll near pinch the edges, put in a floured cloth, leaving room for the pudding to swell, and boil for two hours. Or lay on a buttered dish, without the floured cloth, and steam for three-quarters of an hour. Dry off, then serve with a good pudding sauce.

**Spiced Cherry Tart.**  
Stone cherries enough to make four cupsful, and put them in a saucepan with two and a half cupsful of sugar, a spice bag, a little broken cinnamon and a little chopped, candied lemon peel and angelica. When rich, spicy and thick remove the spice bag and set to cool. Make a row of light paste and line the tart pans with it. Ornament the edge with a twist of the paste and fill with the cherries. Bake until the paste is done.

**Cherry Jam.**  
Wash and stone as many cherries as convenient. To each pint of cherries add three-quarters of a pint of sugar. Put in a granite or enameled pot and cook gently until all is melted. Then boil steadily, skimming thoroughly, until the mass begins to get heavy. Try on a cold plate, and when it begins to jelly remove from the fire. Fill hot, dry jam pots and set to cool. When cold cover down the jam.

**Grandmother's Preserves.**  
Pound for pound—a pound of stoned cherries to a pound of sugar—was the old-fashioned way to make preserves. And it is one of the best ways, though not the cheapest, perhaps. Stone the cherries before weighing. Simmer until melted, then boil slowly until the juice shows a disposition to jelly when tried on a cold plate. Then can in hot, dry preserving jars and seal. Turn upside down to cool. When cool, tighten, wash, label and set away. Sometimes these preserves keep without sealing, but it is much better and safer to seal them.

**What Simple Beauty Exercises Will Do for Business Girls**  
By LUCREZIA BORI  
The Famous Spanish Prima Donna

BUSINESS girls, whether they work in office or in factory, often get exceedingly tired before the day is over. They must sit still for hours at a time, either tending machines or doing some other kind of work which means an endless repetition all day long.

In some shops and offices a certain amount of freedom and relaxation is permitted. But where machinery is run by power, very often the workers must keep busy for hours at a time. Any one who has worked under such conditions knows how desperately tired one becomes.

If you are engaged in this type of work you should not allow yourself to get so utterly tired that you are fit for nothing but bed after you leave the office or factory where you are employed.

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Leave 7:00 a. m. 12:35 p. m.  
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4:57 a. m. Arr. Chicago  
5:30 a. m. 7:20 a. m. Local  
6:15 a. m. 8:20 a. m. Local  
7:17 a. m. 10:50 a. m. Main Line  
10:38 a. m. 1:00 p. m. Main Line  
1:00 p. m. 4:15 p. m. Main Line  
1:43 p. m. 4:40 p. m. Old Road  
3:30 p. m. 5:00 p. m. Main Line  
5:20 p. m. 7:30 p. m. Main Line  
6:44 p. m. 9:15 p. m. Main Line  
11:04 p. m. 1:15 a. m. Express

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From Indianapolis:  
Leave 7:00 a. m. 12:35 p. m.  
12:30 p. m. 5:15 p. m.  
4:40 p. m. 9:30 p. m.  
4:15 p. m. (Sun) 9:25 p. m.  
Detroit—12:30 midnight. Arr. 6:50 a. m. Sleeping Car

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To Indianapolis:  
6:30 a. m. Arr. 10:40 a. m.  
10:15 a. m. " " 3:00 p. m.  
10:20 a. m. " " 3:00 p. m.  
4:40 p. m. " " 10:30 p. m.

**PENNSYLVANIA**  
From Indianapolis:  
Leave 11:45 a. m. 4:40 p. m.  
6:35 p. m. 9:45 p. m.

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2:33 p. m.—Express  
7:55 p. m.—Express  
12:07 midnight—Express  
2:19 p. m.—Express

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Leaving South Bend—  
to Chicago:  
Arr. Chicago  
7:25 p. m.  
2:07 p. m.  
6:55 p. m.  
4:15 a. m.  
5:11 a. m.

**INTERURBAN LINES**  
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Trains Leaving South Bend, Indiana

East Bound. West Bound. North Bound.  
8:05 a. m. 1:00 p. m. 8:50 a. m. 1:00 p. m.  
6:00 a. m. 3:00 p. m. 8:10 a. m. 3:00 p. m.  
7:00 a. m. 3:00 p. m. 10:10 a. m. 3:00 p. m.  
8:00 a. m. 4:00 p. m. 12:10 noon 4:00 p. m.  
9:00 a. m. 5:00 p. m. 2:10 p. m. 5:00 p. m.  
10:00 a. m. 6:00 p. m. 4:15 p. m. 6:00 p. m.  
11:00 a. m. 7:00 p. m. 6:10 p. m. 7:00 p. m.  
12:00 noon 8:00 p. m. 8:10 p. m. 8:00 p. m.  
11:00 p. m. 10:10 p. m. 12:00 noon 11:00 p. m.

\*Niles only. xDaily except Sunday.

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P. M.—1:23 3:35 5:35 8:30  
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P. M.—1:23 3:32 4:15 6:43 8:30

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